

# Vaulters micro 1

## Fall

Mon	Tues	Wed	Thurs	Fri
<p><b>Warmup</b> 2 lap run Sprint mechanics with poles</p> <p><b>Speed:</b> 3 x 3 30 meter flies ( last set with poles)</p> <p><b>Strength:</b> 1 x High bar 3 x complex</p>	<p><b>Warmup</b> Stadiums X 20 minutes</p> <p><b>Dynamic flexibility:</b> Hurdle drill for non hurdlers</p> <p><b>Speed endurance:</b> 4 x 150m @90%</p>	<p><b>Warmup</b> 2 lap run Sprint mechanics with poles</p> <p><b>Plyometrics:</b> 2 x 3 x 40 meter swim bounds</p> <p>1 x yellow jacket circuit</p> <p>cool down</p>	<p><b>Warmup</b> 2 lap run Sprint mechanics with poles</p> <p><b>Speed:</b> 3 x 3 30 meter flies ( last set with poles)</p> <p><b>Strength:</b> 1 x High bar 3 x complex</p>	<p><b>Warmup</b> <b>Dynamic flexibility:</b> Hurdle drill for non hurdlers</p> <p>Stadiums x 20 minutes</p>

<p><b>High Bar drill</b> 7 x knee ups 7 x “L” ups 7 x pull-overs 7 x bubkas</p> <p><b>COMPLEX</b> 4 x combo 20 pushups 4 x combo 20 prisoner squats 4 x combo 10 rocket jumps 4 x combo 10 burpees</p>	<p><b>Sprint Mechanics</b> *You may need to stretch throughout these drills *Drills should be accomplished over 20 meters.</p> <ol style="list-style-type: none"> <li>1. Toe ups</li> <li>2. Side skips</li> <li>3. running squats</li> <li>4. Karaoke</li> <li>5. A skips</li> <li>6. skip bounds</li> <li>7. High Knees</li> <li>8. Backwards running</li> <li>9. Fast leg</li> <li>10. 3 x easy strides @ 40 meters</li> </ol>	